

Stop the Spread of COVID-19



Everyone should wear a face covering, or mask, in public.

If life returns to normal, why should we wear a face covering?

Face coverings—cloth masks you can easily make at home—help prevent the spread of COVID-19.

When we begin getting back to more normal social interactions, we risk spreading the virus all over again. Some people may still have the virus without showing symptoms. So, phasing in normal life will require MORE diligence in personal preventive measures, not less. When current restrictions on where we go and how we gather are loosened, we must double down on preventive practices. No one wants businesses to reopen only to have infections surge and cause a second round of closures.

It may seem like an unnecessary burden, but many people with COVID-19 have no symptoms and can spread the virus without knowing it. If everyone who can wear a face covering commits to wearing it, our return to normal life will move faster and be more successful.



How should we wear a face covering?

A face covering should fully cover your mouth and nose but also allow you to breathe freely. Children under two years old and those with breathing problems should not wear a face covering. Individuals who are incapacitated or unable to remove their face covering on their own should not wear one.

Simple homemade cloth face coverings work to help prevent spread of the virus, so no special medical supplies are needed. The CDC has instructions for making a face covering from an old T-shirt or a bandana and rubber bands—no sewing required. Regular surgical masks can work too but using a cloth face covering instead allows you to save needed medical supplies for health care workers. The general public should not use N-95 respirator masks. Those are critical for healthcare workers and in very short supply.

When should we wear a face covering?

Wear a face covering when you're out in public, especially when maintaining adequate social distancing is more challenging, such as at the grocery store.

Protect your community. Protect yourself. Wear your face covering.

